



2005

Crews Into Shape

Team Challenge

4-Week Challenge

March 1-28

Get your body closer to that fit, healthy, energetic you!

What's it all about?

A 4-week team challenge from **March 1 through 28** that brings people together for a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and drinking fluids/water. Each team will be competing to earn the most points during the 4-week challenge.

Team leaders will be reporting weekly to the NDW Fitness/Wellness Coordinator.

Crew members, Military and DoD, in the Navy and Marine Corps around the world will be competing to be one of the TOP THREE teams!

Who can join?

Anyone in the entire world-wide Navy and Marine Corps family.

Registration

Complete registration form - register your team (4-10 people).
Designate the team leader on the registration form.
Submit the registration form to the Fitness Center (ANA, WNY, NRL) by February 18

Team Leader Meeting

Wednesday, February 23 at 12 p.m.

WNY, Bldg. 200, 3rd Floor NSAW Conference Room

Thursday, February 24 at 12 p.m.

Anacostia Annex, Bldg. 419, Racquetball Court

All records must be turned into the Fitness Coordinator by March 30.

There will be a team recognition on April 13 & 14.

If you have questions, please contact the Fitness Centers at WNY, ANA or NRL.

Fitness Centers

WNY (202) 433-2829

ANA (202) 433-2962

NRL (202) 767-3491

